

Allied Health support for NDIS participants -anywhere in Australia

Kinela

Support and learning for health
and well-being. At your own pace,
in your own space.

No matter where you are, Kinela can
support you towards your health goals.



Online Therapy & Telehealth

Kinela provides NDIS participants Australia-wide access to Dietetic and Speech Pathology appointments through a safe, effective and easy-to-use online therapy service. Everyone can now get the health support they need, from the safety and convenience of their own homes. [Learn more about Online Therapy.](#)



Programs tailored to your goals

Kinela can tailor the online therapy experience to an individual's health goals - at their own pace, in their own space. Alternatively, you can choose from a range of innovative programs across: Independence; Preventing Infection; Healthy Living; Living with Diabetes; Managing Meal Times; and Mindset. [Learn more about Kinela's Programs.](#)



Coronavirus support: Preventing Infection

This important capacity building program will support you, your family and support workers, to develop helpful skills around: personal hygiene; oral care; home hygiene; and immune-boosting meal planning. With these skills, you can learn how to take proactive, preventative action against infections, like the novel coronavirus. [Contact us for more info.](#)



Coronavirus support: Mindset

With the amount of information, panic-buying and concern surrounding COVID-19, it's understandable that people might be feeling overwhelmed and anxious. Kinela has developed a specialist program to equip NDIS participants with the tools to: manage stress, building self confidence, practising gratitude and mindful eating. [Contact us for more info.](#)

Make an appointment today

Do you have any questions?
Contact our friendly customer service team

 1300 448 100

 hello@kinela.com

